

FW Fitness Schedule (February 2024)

	MON	TUES	WED	THURS	FRI
8am-8:45am	AQUAFIT 8-8:45am	AQUAFIT 8-8:45am	AQUAFIT 8-8:45am	AQUAFIT 8-8:45am	AQUAFIT 8-8:45am
	Y WALKING	Y WALKING	Y WALKING	Y WALKING	Y WALKING
9am	Pop Up Classes 9-9:30 Feb 5: FW Fitness Feb. 12: FW Kick Boxing Feb. 19: FW Fitness Feb. 26: FW Kick Boxing Meeting Room				SPRINT8 9-9:20am Wellness Center Floor
	Advanced Pickleball GYM 9-11am	Beginners Pickleball GYM 9-11am	Advanced Pickleball GYM 9-11am	Beginners Pickleball GYM 9-11am	Advanced Pickleball GYM 9-11am
9:30-10am	FW Chair Yoga Multi-Purpose 9:35a-10:05am	Strength & Balance Meeting Room 9a-9:30am	FW Chair Yoga Multi-Purpose 9:30a-10am	Strength & Balance Meeting Room 9a-9:30am	FW Chair Yoga Multi-Purpose 9:30a-10am Line Dancing Studio 9:30-10:30am
10:15-11am	Y WALKING	Y WALKING	FW Fitness STUDIO 10:15am-11am	FW Tai Chi MTG ROOM 10:15 am-11am	Y WALKING
1:30PM	FW Fitness STUDIO 1:30pm-2:15pm	Y WALKING	Y WALKING	Y WALKING	Y WALKING
5pm	AQUAFIT Ruth 5pm		AQUAFIT Heather 5pm	AQUAFIT Heidi 5pm	